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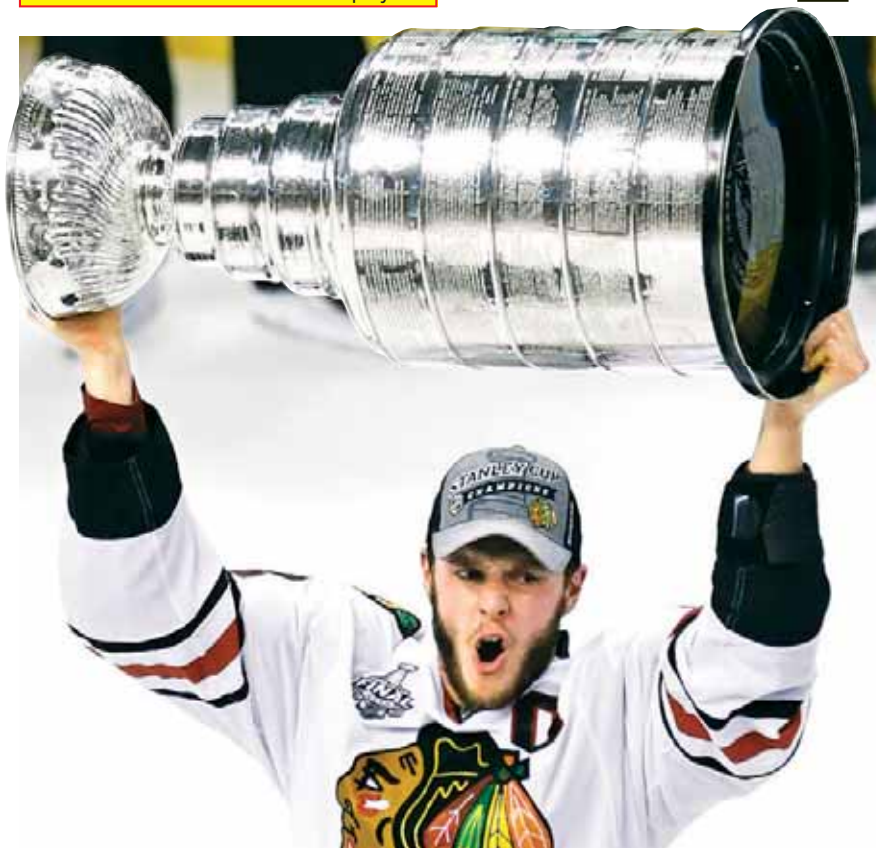
## Shock and awe: Berlusconi sentenced

Former Italian premier gets 7  
years in sex-for-hire trial **PAGE 7**

## Say bye-bye to beach-bod blues

Saggy bum keeping you from  
summer fun? Let Britney's  
trainer show you how it's done  
**PAGE 13**

## PROUD OF PRIDE

POPULAR FESTIVAL  
ANNOUNCES EVENT  
LINEUP, INCLUDING  
GENDER BLENDER  
AND DYKES VS. DIVAS  
SOFTBALL GAME **PAGE 4**

## BLACKHAWKS UP

Chicago Blackhawks captain Jonathan Toews hoists the Stanley Cup after beating the Boston Bruins 3-2 in Game 6 of the finals on Monday night in Boston. The Cup is Chicago's second in the past four years. More coverage, page 25. CHARLES KRUPA/THE ASSOCIATED PRESS

# Water rate hike on tap for July 1

## Watershed decision?

Regulator OK's water  
commission's increase  
request, but not for as  
much as they wantedRUTH  
DAVENPORT  
ruth.davenport@metronews.caWater and wastewater rates  
will be going up in HRM, but  
not by quite as much as was  
expected.The Utility and Review  
Board released its deci-  
sion Monday on the Halifax  
Regional Water Commission's  
application to raise rates over  
the next two years."Rate increases have been  
improved, but they won't be  
the same as what we had sub-  
mitted," said HRWC finance  
director Cathie O'Toole.The average residential  
customer was expected to see  
a total increase on their bill

## Bills

# \$13.51

The net increase to the average  
residential bill, based on UARB estimates.of 11.2 per cent on July 1, and  
16.7 per cent in 2014.However, the UARB has  
asked the water commission  
to make several adjustments  
to its accounting, including  
revised electricity expenses,  
a reduced transmission distri-  
bution expense, and a higher  
interest rate on new debt  
when calculating revenue re-  
quirements.UARB spokesperson Paul  
Allen said staff estimates sug-  
gest the total increase to an  
average residential custom-  
er's bill will be 8.7 per cent  
on July 1, and 12.9 per cent in  
2014.O'Toole said the change  
means an increase in the defi-  
cit the HRWC will have to deal

with this year.

"All it means is we'll be  
back to the table ... trying to  
figure out how to balance the  
utility's budget for the year,"  
she said.O'Toole said the new fil-  
ing will have been completed in  
"short order."The UARB decision also  
establishes separate rates for  
stormwater service, which  
O'Toole said is a first in Can-  
ada."Stormwater management  
... is a really important func-  
tion and this will enable more  
transparency and accountabil-  
ity for the utility," she said.The board ruled that one  
of the two components of the  
stormwater charge — known  
as the Right of Way charge —  
shouldn't be billed to taxpay-  
ers, but rather to HRM."It will be significant to  
HRM," said O'Toole. "HRM  
would then, in all likelihood,  
be turning around and bill-  
ing to taxpayers in some way,  
shape or form."

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Serious collision

## Man, 71, dies after two-vehicle crash in Dartmouth

Police say a 71-year-old man died in hospital following a serious motor vehicle accident in Dartmouth on Monday afternoon.

The head-on collision happened on Main Street near Fader Street at 4:30 p.m.

Police say one person was in each vehicle, with the 71-year-old dying in hospital after suffering serious injuries.

The driver of the other vehicle — a 17-year-old male — was also taken to hospital but was later released.

The cause of the crash is still under investigation.

METRO

Across Canada

## Dexter among least-loved premiers: Poll

A new survey suggests Nova Scotia's premier is one of the least loved in the country.

Angus Reid conducted an online survey of 6,540 Canadian adults from May 31 to June 4, ranking approval of the provincial premiers.

Saskatchewan's Brad Wall was the most popular, with 67 per cent approval, well ahead of British Columbia Premier Christy Clark at 45 per cent.

Nova Scotia's Darrell Dexter came in with 28 per cent approval, tied with New Brunswick's David Alward and ahead of Pauline Marois of Quebec and Kathy Dunderdale of Newfoundland and Labrador. **METRO**



## Nothing but smooth sailing in the Halifax Harbour

A sailboat takes a leisurely sail in the Halifax Harbour past the George's Island lighthouse yesterday. Temperatures in Halifax reached the high 20s on Monday afternoon. **JEFF HARPER/METRO**

# Bus-pass fraud leads to new rules

**Security.** Passes can no longer be laminated or signed without printing full name



**HALEY RYAN**  
haley.ryan@metronews.ca

Metro Transit will soon be enforcing new rules to make it harder to get away with flashing a fake bus pass.

In light of an ongoing fraud investigation which began in May 2012, Metro Transit buses

will no longer accept laminated passes or ones without the owner's name printed clearly beside the signature on the back of the card.

Tiffany Chase, spokesperson for Metro Transit, said they're requesting riders to start getting used to the rules now, but they won't be enforced until the clauses are printed on the next batch of passes in October.

"Lamination could inhibit some security features, so we'll no longer be accepting them as fare payment," said Chase.

Last week a man and woman were charged with

Quoted

**"Any financial crime is concerning. It does eventually impact everyone."**

Lauren Leal of Halifax Regional Police

fraud after police searched a Halifax home and seized items used to make these passes.

On June 14, a Dartmouth man was also charged with fraud related to this case.

Lauren Leal, spokesperson for the Halifax Regional Police, said investigators have located

between seven to 10 fake passes since last May.

"Even if a person hasn't created the fake pass and they try to use it, they can be charged with fraud as well," Leal said.

Chase said Metro Transit has been cooperating with the police since last year by confiscating passes and handing over video footage gathered on the bus to identify suspects.

She said upgrades coming in the next year or two will also cut down on fraud because riders will switch to using "smart cards" with an electronic farebox, which will be very hard to duplicate.

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1 NEWS

## Calgary aid. Red Cross sends Nova Scotians to help with Alberta floods

A Cole Harbour man will soon be on his way to help victims of the flooding in Alberta.

The Canadian Red Cross says disaster volunteers are being deployed from Atlantic Canada to assist with relief efforts, including Dave Rennie of Cole Harbour and Krista McNutt of Truro.

The organization says more than 50 trained Atlantic volunteers have offered to help to date.

Of that group, 12 are being sent West, including six from

### More deployments to come

Officials say more deployments are anticipated over the next 72 hours as disaster response needs in smaller Alberta communities become clearer.

Newfoundland and Labrador, three from New Brunswick, two from Nova Scotia and one from P.E.I. **METRO/WITH FILES FROM THE CANADIAN PRESS**

## Uttering threats. Man faces several charges after scuffle with police

A 41-year-old man faces several charges including uttering threats and assaulting a police officer.

Police said they were called to an apartment unit on Windmill Road in Dartmouth around 9:30 p.m. Sunday after a man tried to enter the premises.

Officers arrived and found

a man armed with a knife in a vacant unit nearby.

Police said the suspect dropped the weapon but a struggle ensued as officers tried to arrest him.

Police said the man was taken to hospital after suffering minor injuries during the arrest. **THE CANADIAN PRESS**

## Timberlea. Man, 18, charged with attempted murder in stabbing

Police have charged an 18-year-old man with attempted murder after a stabbing in Timberlea over the weekend.

The RCMP were called to a home on Governors Lake Road around 2:40 a.m. Sunday. The victim, police said, was in the backyard of the home when he was confronted by an unknown person wearing a mask.

A struggle ensued and the teen was stabbed after the suspect stole his watch, according to police.

On Sunday night, police said

### Dangerous weapon

Tyler Mark Roberts is charged with attempted murder, attempted robbery and possession of a weapon dangerous to the public.

they arrested an 18-year-old at a residence on Drysdale Road in Spryfield. They later searched the residence and seized evidence which they said included several knives. **METRO**

### Stevens Road

## Dartmouth man faces weapons charge

William Mercer, 30, is facing charges after a woman's residence was ransacked Sunday morning by someone allegedly carrying a stolen handgun, police said. **METRO**

### New Glasgow

## Man arrested after home dispute

Police said a 19-year-old man faces several charges, including assault with a weapon and resisting arrest, following a dispute at a home in Trenton. Police were called Sunday after a report of an altercation involving two people. **THE CANADIAN PRESS**



HRM Mayor Mike Savage jokes with organizers at the launch of the 26th annual Halifax Pride Festival at the Labatt Beer Institute on Monday. The festival runs from July 18 to 28 and celebrates the theme Your City, Your Pride. **RUTH DAVENPORT/METRO**

# Organizers beaming with Pride over popular festival

**Happiest time of the year.** Mayor on hand as event details are announced



**RUTH DAVENPORT**  
ruth.davenport@metronews.ca

The 2013 Halifax Pride Festival has unveiled its lineup of events, revealing a blend of crowd favourites and new additions that's guaranteed to make everyone happy.

"Halifax Pride is gay Christmas," said Pride chair Kathy Walsh at the launch event Monday. "We are the elves

that make all the toys that get opened on Christmas Day and we get to...watch everybody enjoying it."

The 26th annual festival runs from July 18 to 28 and will include the ever-popular classics: The Dykes vs. Divas softball game, harbour cruises and the Queer Acts theatre festival.

New this year is a youth showcase at Queer Acts, Rich Aucoin headlining the Out-dancing open-air party and the expansion of the wildly popular Cosmic Drag Queen Bingo.

"Last year ... the room only held 75 people, we had to turn people away," said Walsh. "This year, Contessa Inc. Pro-

### Want to know more?

View the complete lineup of events at [halifaxpride.com](http://halifaxpride.com).

ductions has decided to bring it to the Halifax Forum that seats 500 people. It's an all-around riot."

Mayor Mike Savage told the crowd the Pride festival is one of the happiest of the year — but lamented the relatively lackluster title of his particular event.

"I'm seeing things like ... the 'Gender Blender,' 'How to Hook Up' seminar and my

thing is called, 'The Pride flag raising and Mayor's reception,'" he said to hoots from the small crowd. "Next year, we're going to come up with a great title and blow the doors off this thing!"

Savage will march in the Pride Parade and is expected to throw out the first pitch at the Dykes vs. Divas game.

He said Pride has evolved over the last 26 years to the point where mainstream institutions are now major sponsors.

"It's about fun, but it's also about a message, which is that we all share the planet and we all love," he said. "We all want to be loved, and that's what brings us together."

## IWK accepts \$1M for mental health unit



**The IWK Health Centre**  
**METRO FILE**

The IWK Foundation received a surprise donation of \$1 million during their annual general meeting on Monday.

According to a release, 87-year-old Marjorie Lindsay made the donation in honour of her daughter, and because she believes "in the potential of young people with mental illness," she said.

Lindsay made the donation

after presenting a humanitarian award named after her late husband, John Lindsay Sr., during the meeting.

The funds will go toward the construction of a new inpatient mental health unit, which is being built on the fifth floor of the IWK Health Centre.

Jennifer Gillivan, president of the IWK Health Centre Foundation, said Lindsay is a "very

special lady" with a great deal of passion for mental-health awareness.

"The IWK, and in fact the entire mental health community, is extremely fortunate to have a strong and determined champion in its corner," Gillivan said in the release.

Construction on the unit began in May, and it is expected to open in early 2014. **METRO**



# Replacement ferry coming to Digby-Saint John crossing

## Cost unknown.

Feds looking to buy used modern vessel, not build a new one

The Princess of Acadia will soon get to retire.

A troop of Conservative MPs descended on the Digby ferry terminal Monday to announce their government's commitment to providing a replacement vessel for the Digby-Saint John ferry service.

"This announcement shows that the federal government understands the importance of this ferry," said West Nova MP Greg Kerr. "We will have a modern vessel, a more cost-efficient vessel and one that will last us for a long time."

Kerr said they aren't revealing the dollar amount of the commitment, though MP for Saint John Rodney Weston

## Shopping around

"There are a number of really new vessels out there, modern vessels on the market that might be a good fit for the service."

West Nova MP Greg Kerr

threw out a \$60-million figure during his comments.

Other unofficial estimates put it as high as \$150 million.

Kerr said the money budgeted under the Economic Action Plan 2013 won't just be for the purchase of a boat. Some money will also cover any necessary renovations to the vessel or terminals.

He says he expects Transport Canada will update everyone "in the fall" about the exact process, how long it will take and what the next steps are.

DIGBY COURIER



## Maas-damn, that's a big ship

Passengers on the Holland America cruise ship the Maasdam look down at a group enjoying the sunshine on the roof of the Halifax Seaport Market on Monday. Two more cruise ships are scheduled to visit Halifax later in the week. JEFF HARPER/METRO

## Dartmouth

### Police on lookout for Mic Mac Mall masturbator

Police are investigating after a man was allegedly seen masturbating in his vehicle near the Winners entrance of Mic Mac Mall over the weekend.

Halifax Regional Police say he was spotted around 11:20 a.m. before he left.

The man is described as white, between the ages of 20 and 30, clean shaven with a reddish-blond crew cut.

Police say he was driving a black, older four-door sedan with a spoiler.

This is the second alleged incident of public masturbation in the past two weeks. On June 13, a 44-year-old Dartmouth man was arrested after police say he was caught masturbating in the parking lot of a McDonald's in Dartmouth. METRO



The Winners at Mic Mac Mall.  
JEFF HARPER/METRO

## Home engulfed

### Fire injures one in Chester Basin

One person was injured in a house fire in Chester Basin. The fire broke out around 4 a.m. Monday on Kitchener Daw Lane in the South Shore community.

Police say the home was completely engulfed in flames when firefighters arrived on the scene.

THE CANADIAN PRESS



**Parker Street**  
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## YEAR END REPORT

With the support of our donors, we have been able to provide the following assistance to those in need during the past year.

### Food Bank

Number of people assisted with food	29,112
Estimated value of food given out	\$2,767,765

### Furniture Bank

Furniture Items	4,352
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### Skills Development

Number of successful students	58
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### School Supplies

Students assisted with backpacks & supplies	518
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### Emergency Fund

Amount of crisis funding provided	\$50,054
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### Christmas Hampers Provided

1,098
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Families were also supplied with thousands of household items such as cookware, dishes, cutlery, linens etc. We thank our many donors for their assistance.

### Parker Street is very proud of

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As well as many groups, businesses, organizations and individuals who organize food/fund raising activities.

### Thank you all!

Mel Boutilier, C.M., O.N.S., Executive Director

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# 'Cash cards' offered to Alberta flood victims

**Commuter troubles.** Calgary's LRT tracks damaged like 'never seen' before

JEREMY NOLAI  
AND ROBSON FLETCHER  
Metro in Calgary

Alberta's premier pledged an extra \$1-billion Monday on top of \$200 million already budgeted for disaster relief as a preliminary source of funds for flood-affected residents across the province.

"I promise you, on behalf of the Government of Alberta, that we will do everything that it takes to ensure that people can rebuild their homes and rebuild their lives and rebuild their communities," Alison Redford told reporters in Calgary.

Water began spilling over banks in Alberta on Thursday, affecting nearly 30 commu-

ities through the weekend and into Monday. Even as cleanup efforts began, residents in towns such as High River faced uncertainty over when they would be able to return home.

Money for victims will begin flowing to evacuees in a matter of 48 hours in the form of "cash cards" to help people who may have fled their homes without access to banking, Redford said.

She said the government will provide preloaded debit cards to displaced residents to help with their immediate housing needs and day-to-day purchases.

Those who qualify will receive \$1,250 per adult and \$500 per child.

Federal Immigration Minister Jason Kenney also said the Conservative government was in contact with the insurance industry about damage sustained in the flooding and the hope is companies would respond in "an appropriate way."

WITH FILES FROM THE CANADIAN PRESS



A cyclist and road crew survey the washed-out northbound lanes of MacLeod Trail in Calgary on Monday.

THE CANADIAN PRESS

## Restoring downtown

### Major power grid out until later today

In Calgary, focus shifted to restoring the downtown core; however, the power grid likely won't be restored until Tuesday evening, officials said.

Even when work does restart, the city faces the prospects of operating without its south LRT transit line, which sustained damage "never seen" before as water rushed into the city on Friday, said Calgary Transit director Doug Morgan.

Morgan said officials were gunning to reopen the line in time for the start of Calgary Stampede on July 5.

But the lasting effects of damage in smaller communities would be felt much longer, Premier Alison Redford warned.

"When we talk about what's going to happen, we're talking about a 10-year plan. And we're committed to make sure that we take that time to do it right."

# Mariner of sunken passenger ferry gets 4 years



Karl Lilgert, navigator of the Queen of the North, leaves the law courts in Vancouver on May 13. THE CANADIAN PRESS

The mariner who was navigating the Queen of the North passenger ferry when it ran aground and sank off the coast of northern British Columbia, killing two passengers, has been sentenced to four years in prison.

Karl Lilgert, 59, was convicted last month of criminal negligence causing the deaths of Gerald Foisy and Shirley Rosette, who vanished when the Queen of the North missed a routine turn and collided

with a remote island in March 2006.

Judge Sunni Stromberg-Stein said Lilgert's relationship with quartermaster Karen Briker — who was the only other crew member on the bridge when the ship struck land — was a significant factor in the crash.

It was their first time working alone together since their relationship ended several weeks earlier, and the intimate details of the affair were laid

bare during the trial.

"Clearly, he was distracted by personal issues related to his relationship with Ms. Briker," Stromberg-Stein said as she read her sentencing decision on Monday in B.C. Supreme Court.

"I do not need to speculate on what Mr. Lilgert was doing on the bridge that night. I know what he was not doing. He was not doing his job."

Last week, the Crown recommended a six-year prison

term, while the defence asked for a conditional sentence with no time in custody. Lilgert's lawyer has already indicated that he plans to file an appeal of the conviction.

Data recovered from the ship's navigation system showed the ferry made no turns and took no evasive action as it approached Gil Island, which one expert witness described as a "catastrophic dereliction of duty."

THE CANADIAN PRESS

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# Berlusconi convicted in sex-for-hire trial

**Possible end of political career.** The former Italian premier, 76, was sentenced to seven years in prison, but plans to appeal

A Milan court on Monday convicted former Italian premier Silvio Berlusconi of paying for sex with an underage prostitute during infamous "bunga bunga" parties at his villa and then using his influence to try to cover it up.

Berlusconi, 76, was sentenced to seven years in prison and barred from public office for life — a sentence that could mean the end of his two-decade political career. However, there are two more levels of appeal before the sentence would become final, a process that can take months.

Berlusconi holds no official post in the current Italian government, but remains influential in the uneasy cross-party coalition that emerged after inconclusive February elections.

Both he and the Moroccan woman at the centre of the scandal have denied ever having sex.

His lawyer, Niccolò Ghedini, immediately announced an appeal and said the sentence was unjust.

"This is beyond reality," Ghedini told reporters outside the courthouse. The sentence was even stiffer than the six-year prison term and lifetime ban on public office that prosecutors had originally requested.



In this photo taken in 2009, then-Italian premier Silvio Berlusconi gestures as he attends a meeting in Milan. A Milan court has convicted Berlusconi of paying for sex with an underage prostitute during infamous "bunga bunga" parties at his villa and then trying to cover it up. ALBERTO PELLASCHIAR/THE ASSOCIATED PRESS FILE

ally requested.

"I'm calm because I've been saying for three years that this trial should never have taken place here," Ghedini said.

The charges against the billionaire media mogul stem from the "bunga bunga" parties in 2010 at his

mansion near Milan, where he wined and dined beautiful young women while he was premier. He says the dinner parties were elegant soirees; prosecutors say they were sex-fuelled parties that women were paid to attend.

Neither Berlusconi nor the woman at the centre of

the case, Karima el-Mahroug, better known by her nickname Ruby, have testified in this trial. El-Mahroug was called by the defence but failed to show on a couple of occasions, delaying the trial. Berlusconi's team eventually dropped her from the witness list. **THE ASSOCIATED PRESS**

## Fugitive. The U.S. urges Russia to turn over leaker Snowden, if he's there

The U.S. grasped for help Monday from both adversaries and uneasy allies in an effort to catch fugitive National Security Agency leaker Edward Snowden. The White House demanded that he be denied asylum, blasted China for letting him go and urged Russia to "do the right thing" and send him back to America to face espionage charges.

Snowden was believed to be in Russia, where he fled Sunday after weeks of hiding out in Hong Kong following his disclosure of the broad scope of two highly classified counterterrorism surveillance programs to two newspapers. The programs collect vast amounts of Americans' phone records and worldwide online data in the name of national security.

Snowden had flown from Hong Kong to Russia, and was expected to fly early Monday to Havana, from where he would continue on to Ecuador, where he has applied for asylum. But he didn't get on that plane and his exact whereabouts were unclear.



The empty seat on a Havana-bound flight that an official said was booked in the name of Edward Snowden. MAX SEDDON/THE ASSOCIATED PRESS

The founder of WikiLeaks, the secret-spilling organization that has embraced Snowden, said the American was only passing through Russia on his way to an unnamed destination to avoid the reach of U.S. authorities. Julian Assange said Snowden had applied for asylum in Ecuador, Iceland and possibly other countries. **THE ASSOCIATED PRESS**

## U.K. Reports cops tried to smear murder victim's family 'horrific': Cameron

British Prime Minister David Cameron called Monday for an immediate investigation into allegations that an undercover police officer was ordered to smear the reputation of the family of a murdered black teenager.

The Guardian newspaper published claims Monday that the officer infiltrated anti-racism protest groups to gain information that could discredit

the family of 18-year-old Stephen Lawrence.

"To hear that, potentially, the police that were meant to be helping them were actually undermining them — that's horrific," Cameron said in Downing Street.

Lawrence was stabbed in 1993 and an inquiry found the Metropolitan Police "institutionally racist" in its response to the killing. **THE ASSOCIATED PRESS**

**THE 2013 FIAT 500. IT'S A LITTLE CAR.**

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## Department stores. HBC said to be interested in buying U.S. retailer Saks

Department store owner Hudson's Bay Co. is looking to expand its presence in the U.S. with the purchase of high-end retailer Saks Inc., says a source close to the potential deal.

Hudson's Bay has been eyeing the beleaguered American department store chain for the past few months, they said.

HBC is "always looking for stuff like this," said the source Monday, who spoke on the

condition of anonymity.

"(Chief executive) Richard Baker is always looking to add value and look for growth."

The source said HBC is looking to buy all 41 department stores under the Saks banner, including the iconic location on New York's Fifth Avenue, which opened in 1924. The stores would also likely stay open under the Saks name.

THE CANADIAN PRESS



Rumours about Saks being sold to various buyers have circulated for at least a year, according to Morningstar analyst Paul Swinand. THE ASSOCIATED PRESS FILE

## Design your own doughnut. Jason Priestley will help judge Tim Hortons contest

Vancouver-born celebrity Jason Priestley will help Tim Hortons pick the winner of a contest it has launched asking Canadians to design a new doughnut.

The competition offers a \$10,000 grand prize to the person who designs its next pastry, using a website and Facebook page dubbed Dueling Donuts.

Priestley had a cameo in an episode of the sitcom *How I Met Your Mother* last February that played on the idea of a Canada obsessed with Tim Hortons.

The episode featured a faux documentary where Priestley bragged about his role in the creation of a new doughnut called the Priestley. Tim Hortons later made the doughnut by stuffing a chocolate Timbit inside a strawberry-vanilla doughnut.

Tim Hortons says it hopes to find similarly original doughnut ideas, asking the public to try to beat the Priestley.

### Faux doughnut



The Priestley TIM HORTONS

- The Priestley, a fictional doughnut featured on an episode of *How I Met Your Mother*, was a chocolate Timbit stuffed inside a strawberry-vanilla doughnut.

Priestley and a panel of other judges will choose eight finalists from the entry pool, open until July 21, before the public votes on a winner in August. THE CANADIAN PRESS

### Detroit

## 2 U.S. McDonald's stop selling halal food after lawsuit

The only two McDonald's restaurants in the U.S. that serve food prepared according to Islamic law have stopped doing so.

The company and a Michigan franchise owner agreed to a \$700,000 US legal settlement in April after a customer sued.

The firm said the locations in the Detroit suburb of Dearborn, which has a large Muslim population, no longer offer a halal McChicken sandwich or Chicken McNuggets "to focus on our national core menu." THE ASSOCIATED PRESS

### Toronto

## Barrick cuts 100 corporate jobs

Barrick Gold Inc. is laying off about 100 corporate staff, mostly from its Toronto headquarters, as it struggles with falling gold prices and a number of in-

ternal challenges. Staff were told last week layoffs were coming. THE CANADIAN PRESS

### New York

## New Samsung tablets mimic Galaxy phones

Samsung is making its tablet computers look more like its hit Galaxy phones. The three new tablets in the Galaxy Tab 3 series go on sale in the U.S. on July 7.

THE ASSOCIATED PRESS

### Market Minute

**DOLLAR**  
95.37¢ (-0.27¢)

**TSX**  
11,836.86 (-158.80)

**OIL**  
\$95.18 US (+\$1.49)

**GOLD**  
\$1,277.10 US (-\$14.90)

**Natural gas:** \$3.74 US (-3¢)  
**Dow Jones:** 14,659.56 (-139.84)



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# KIMYE PUT DAUGHTER ON THE MAP

Kim Kardashian and Kanye West shocked the world last week when they rejected Kardashian family tradition and decided not to give their daughter a name starting with the letter K. Instead, the new celebrity parents decided to go in a different direction (pardon the pun) and name their baby girl North West — effectively turning the announcement of their newborn into a bad joke.

The directional name might have sent a collective groan through the Interwebs, but it wasn't all that surprising. Kimye are probably the most narcissistic couple on the planet so it makes sense that they would bestow such an attention-grabbing moniker upon their first-born. Goodness knows that celebrity-baby BFF Blue Ivy wasn't going to be seen hanging out with any ordinary Ava or Olivia.

But this cutesy combination name sounds more like a brand



**SHE SAYS**  
**Jessica Napier**  
metronews.ca

name than a baby. I can picture it now: Bottles of "North" by North West perfume lining shelves alongside Kardashian Kolors nail polish. Or perhaps she'll launch her own line of stylish toddler apparel emblazoned with compasses pointing toward her namesake.

North West may induce a lot of eye-rolling, but I'm on board with the unusual baby-name trend. My own name happens to be the most popular girl's name from the year I was born and I have often cursed my parents for their lack of originality. I was one of six Jessicas in my grade and constantly mistaken for one of the five Jennifers. The only upside of having such a popular name is that I can always find my nameplate key chain at a souvenir shop. The Jo-

lie-Pitt clan would be so jealous. Commonplace names can leave kids feeling lost in the crowd; however, children with obscure names are an easy target

for ridicule. And while school kids may be cruel, the Twitterverse is even worse. North West already has Twitter parody accounts poking fun at her and she's only 10 days old.

She may be the celebrity joke of the month, but Kim and Kanye's kid could inspire a new trend toward directional baby names. Bizarre names are nothing new in Hollywood and occasionally the less radical ones will trickle down to the mainstream. Brooklyn — a relatively uncommon choice when Victoria and David Beckham selected it for their son in 1999 — was the 23rd most popular girl's name in Canada last year. Although, fruit names such as Apple, Clementine and Peaches haven't exactly soared in popularity.

It's hard to say if cardinal points as names will catch on among the general population, but at least little baby North West will never have any issues with people misspelling her name. Unless Kim actually did decide to uphold the Kardashian family tradition and name her "Knorth" with a silent K.

Follow Jessica Napier on  
Twitter @MetroSheSays



## ZOOM

### Thanks for the lift through London



JEFF MOORE

#### Magician catches a ride on the outside of a bus

British illusionist Dynamo has wowed Londoners by levitating in the air while holding onto the top deck of a 4.57-metre red double-decker bus.

The 30-year-old entertainer — whose real name is Steven Frayne — appeared to use one hand to hold himself in the air. **METRO**

#### Q and A

#### It's 'impossible to explain,' he says



**DYNAMO**  
Real name: Steven Frayne, 30, magician, from Bradford, northern England

**Levitating on an iconic London red bus: How did it feel?** It was the best perspective I have ever had of London. I could see all the great land-

marks, but at times it was quite scary — the bus had to dodge big branches of trees hanging over the roadside.

**How did the public respond on the street? I could imagine a poor old lady getting a big shock ...** (Laughs) No, I don't think so. All I could see were people smiling and waving. I think I'm actually quite popular

with the older generation.

**Come now, how did you do the trick? It must be a fake arm bolted to the side of the bus ...** No, my arm is really there — and fully intact. And quite frankly it's impossible to explain because it's one of those things where I do what I do and let people come to their own conclusions.

#### Clickbait



**ANDREW FIFIELD**  
andrew.fifield@metronews.ca



BRENDA STARR/FICKR

**A talent I'm truly envious of is the ability to entertain a room by simply spinning a fine yarn. It's a talent I don't have and I long ago learned to defer to more gifted storytellers, many of whom can be found anchoring these podcasts:**

#### Risk!

A short storytelling podcast with a rotating cast of yarn-spinners, not unlike *The Moth*. Except completely unlike *The Moth* in that it's frequently crude, embarrassing and strangely relatable.

#### True Story

Taking place on a stage of themed dinner parties, *True Story* tends to be a little more emotionally raw when compared to the antics of *Risk!*, but that

doesn't mean there isn't room for the occasional tale of underwear-related struggles.

#### On Taking Pictures

It would be unfair to talk about storytelling without mentioning photography, and hosts Jeffery Saddoris and Bill Wadman's thoughts on the philosophy and science behind exploring the world through a lens can be fascinating stuff, even for pocket photographers.

#### Comments

**RE: Does Canada Need An Anti-'Revenge Porn' Law? Published online June 24**

While it is never OK to post a pic of your ex to a porn site, it would be just so much easier if the pic was never taken! People have to realize that doing something "online" means that you are at the discretion of others, and those others may not be trustworthy.

**Donna posted to metronews.ca**

We shouldn't victim-blame.

The real problem are the people using the personal pics that were sent to them in good faith to act maliciously.

Those are the people that need the lectures ... those are the people that need to be held accountable for their malicious behaviour.

**Mandy posted to metronews.ca**

**WE WANT TO HEAR FROM YOU:**  
Send us your comments: [halifaxletters@metronews.ca](mailto:halifaxletters@metronews.ca)



# Everyone gets old

Orson Welles was a handsome 20-something. Marlon Brando was a sex symbol. Time wasn't kind to either. But time has been kind to many of our own era's former hot young actors, who've avoided binge eating, heavy smoking and other vices to keep looking young and fit even as they creep up in age.

MATTHEW PRIGGE  
Metro World News in New York

## Brad Pitt

**Age:** 49  
**First blush:** A Robert Redford look-a-like, one of his first prominent jobs was acting for Redford in his *A River Runs Through It*. That was off the heels of his *Thelma and Louise* breakthrough, in which a 28-year-old Pitt let Geena Davis massage his six pack. That was over two decades ago.  
**Today:** A special effects team didn't have to work too hard to make him look 20ish late in *Benjamin Button*.



## George Clooney

**Age:** 52  
**First blush:** The nephew of Rosemary Clooney (and son of AMC charmer Nick Clooney), George was a mulleted himbo on *Facts of Life* and a scene stealer on *Roseanne*. It wasn't until *E.R.*, at 33, that he became a sex god. By his 40s he had fully embraced the Cary Grant persona.  
**Today:** Cary Grant retired in his early 60s, as he didn't think the world wished to watch him grow old. Clooney doesn't seem like he'll do the same thing.



## Will Smith

**Age:** 44  
**First blush:** He was that nice kid who made nice raps that your parents would like. Indeed, he's the least threatening person to ever record a song about how parents suck.  
**Today:** He's a dad himself. He's by no means old, nor looks it, but he does have a teenager.



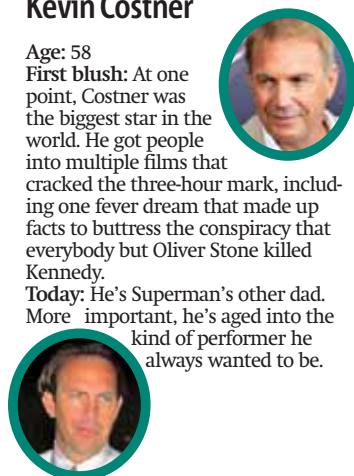
## Russell Crowe

**Age:** 49  
**First blush:** The Aussie didn't completely break through into America until *Gladiator* at 36. But more adventurous viewers were all about him since he was 26, when he delivered a rollicking performance in 1991's *Proof*.  
**Today:** Along with Kevin Costner, he's one of Superman's two dads. He's oozed the kind of weary gravitas you get from older, seasoned actors since the start. But now he's really starting to look the part, especially once he started putting on a bit of weight.



## Kevin Costner

**Age:** 58  
**First blush:** At one point, Costner was the biggest star in the world. He got people into multiple films that cracked the three-hour mark, including one fever dream that made up facts to buttress the conspiracy that everybody but Oliver Stone killed Kennedy.  
**Today:** He's Superman's other dad. More important, he's aged into the kind of performer he always wanted to be.



## Alec Baldwin

**Age:** 55  
**First blush:** For more than a decade, Hollywood tried to make the elder Baldwin a slim movie stud. He even got it on in *The Getaway* with then-wife Kim Basinger, producing scenes too hot for theatrical exhibition.  
**Today:** Like Russell Crowe, he got even better once he put on some weight. In an episode of *30 Rock*, Jack Donaghey hands Liz Lemon a photo from his youth. She freaks. He asks for it back. Even older, fatter Alec is into younger, slimmer Alec.



## Denzel Washington

**Age:** 58  
**First blush:** An actor as attractive as he was talented, he was cited in the *En Vogue*/*Salt-n-Pepa* song *Whatta Man* as having the ideal face (though a Schwarzenegger body would have made the package perfect, apparently).  
**Today:** We're just shocked he's nearly 60 years old. Like Pitt, he's got a case of Dick Clarkism.



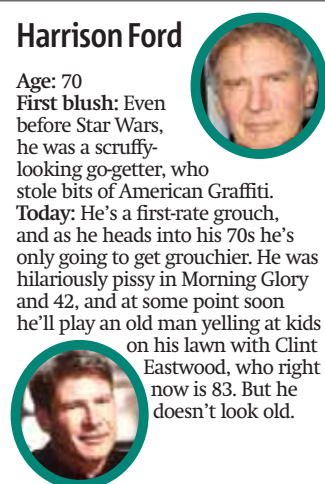
## Michael Douglas

**Age:** 68  
**First blush:** The son of Hollywood royalty, Douglas was the young co-star of *The Streets of San Francisco*, but didn't really come into his own until middle age.  
**Today:** Even more shocking than him being nearly 70 is that his dad, Kirk, is still going, at 96. But yes, Michael Douglas is AARP age, and recently did a killer *Liberace* opposite Matt Damon, who himself is a boyish 42 (playing 18, mind you).



## Harrison Ford

**Age:** 70  
**First blush:** Even before *Star Wars*, he was a scruffy-looking go-getter, who stole bits of American Graffiti.  
**Today:** He's a first-rate grouch, and as he heads into his 70s he's only going to get grouchier. He was hilariously pissy in *Morning Glory* and 42, and at some point soon he'll play an old man yelling at kids on his lawn with Clint Eastwood, who right now is 83. But he doesn't look old.



## DVD reviews



## The Incredible Burt Wonderstone

**Director:** Don Scardino

**Stars:** Steve Carell, Steve Buscemi, Jim Carrey

● ● ● ● ●

No amount of smoke and mirrors can hide the burst seams, frayed wires and bad-hearted humour of *The Incredible Burt Wonderstone*. Steve Carell, Jim Carrey, Steve Buscemi, Olivia Wilde and James Gandolfini star in this comedy of one-upping Las Vegas magicians, but they aren't given much that's funny or magical to work with. Directed by Don Scardino (TV's *30 Rock*) and scripted by *Horrible Bosses* writers Jonathan Goldstein and John Francis Daley, the movie goes in more directions than a lost white rabbit. It's part laughter, part drama, part romance, part bromance, part comeuppance, part redemption, part nostalgia trip, part social critique, partly sweet, partly gross ... and a whole lot of nothing that really clicks. Extras include deleted and alternate scenes, a gag reel and making-of featurettes.

PETER HOWELL

## No

**Director:** Pablo Larraín

**Stars:** Gael García Bernal, Alfred Castro

● ● ● ● ●

Gael García Bernal plays a Chilean version of *Mad Men*'s advertising ace Don Draper, called upon to sell the "no" side of a national plebiscite that will confirm or topple the dictatorship of General Augusto Pinochet — and the fix for "si" is likely already in. Based on real events of 1988, Pablo Larraín's tightly framed film is a mesmerizing, realistic and often hilarious look at the cynical politics of power and the magic required to sell a negative as a positive. Say yes to No. Extras include a commentary with Gael García Bernal and Larraín.

PETER HOWELL



# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

## The Word

### At least Kanye and Kim's daughter has some direction



THE WORD

Dorothy Robinson  
scene@metronews.ca



So there is an actual sane reasoning behind Kanye West and Kim Kardashian naming their daughter North West.

A report from TMZ says that Kim and Kanye believe North is "their highest point together as a couple... the pinnacle of the relationship... and

they consider her their 'North Star.'"

That is adorable. But didn't they factor West's last name into this decision?

That she is going to sound like a direction for her entire life?

Where is the explanation for that?



Justin Bieber

## Lots of love between Biebs and his manager

Justin Bieber's slew of headline-grabbing antics reportedly have his longtime manager Scooter Braun considering desperate measures to fix the situation — like sending Bieber to rehab, according to Radar Online. "His partying is creating problems. Scooter is very worried about him," a source says.

"Scooter wants him to go to rehab to get his act together. Justin needs to get away from the bad influences in his life." Looking to combat rumours that there might be any tension between them, Bieber and Braun posted an Instagram video of them embracing to the strains of I Will Always Love You.

## Twitter



@Pink

I reply to mean people sometimes because it makes me laugh. I like to show the ridiculousness of it all. All is well. Love is bigger.



@kirstiealley

this reminds me of when I was a cocaine addict but used to call my Dr. before I took certain vitamins



@TheRealNimoy

Alaska. First time here since 1972. Great people. Amazing state.



## Independence Day sequel won't have Will Smith

Nearly 20 years after its blockbuster release, Independence Day is officially getting a sequel — but Will Smith won't be in it, according to the New York Daily News. Director Roland Emmerich says the followup to the 1996 alien invasion hit will make its way to theatres in the summer of 2015 but without the original film's star. "Will Smith cannot come back because he's too expensive, but



Will Smith

he'd also be too much of a marquee name," Emmerich says.

## SHAPE YOUR CITY You're Invited!

### St. Patrick's Alexandra Site - Information and Community Engagement

**WHAT:** This public consultation will provide the local community with the opportunity to discuss and comment on future options for the St. Patrick's Alexandra site. Think about your vision for the site's future and come ready to provide input.



**WHEN:** Wednesday, June 26, 6:30 pm

**WHERE:** Halifax North Memorial Public Library,  
2285 Gottingen St., Halifax

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## Dee Dee Domestic Short Hair

Dee Dee was transferred from our Cape Breton shelter. We know she once had a loving home by how she blossomed in foster care: within hours, she was sleeping on her foster mom's bed and cuddled into her at night. Dee Dee was sociable and enjoyed visitors. Easy going and friendly, she does have an independent streak and would do best in an adult only home. She is startled by sudden movement, suggesting abuse in her past. We know there is someone out there who will give this sweet girl a new lease on life. If you would like to meet this special cat, please visit her at Petcetera, Dartmouth Crossing.



For more information on Dee Dee and other adoptable furry friends, visit [www.pas.spcans.ca](http://www.pas.spcans.ca) or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or [info@pas.spcans.ca](mailto:info@pas.spcans.ca)

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## Solving beach-body blahs

Tony Martinez, Britney Spears' trainer, offers four super simple moves to help you fix some common issues

ROMINA MCGUINNESS



### My arms jiggle.

**Do a one-arm bicep curl followed by a one-arm tricep kickback**

**Get into it:** Grab a resistance band. Stand with your legs hip-width apart. Stand on one end of the band with your right foot and grab the other end with your right hand. Place that hand on your thigh. Lift your left leg off the ground so that you're balancing on the right leg. Turn your right wrist in and curl your hand in toward your right shoulder. Now bend your knee 30 degrees and bring your right arm back, almost like you're swinging a hammer behind you. Bring yourself back to standing. Repeat on the left side. Do 10 reps on each side, two to three sets, two to three times a week.

**Benefits:** This shapes and strengthens the bicep and tricep muscles, making your arms look lean.

### My thighs touch and get sandy, giving me a rash.

**Do side-to-side lunges**

**Get into it:** Stand with your feet parallel and hip-width apart. Lean to the right side, touch your ankle for 1 second and come right back up. Now lean to the left, touch your ankle and come back up. Do 10 reps, two to three sets, two to three times a week. Have no more than a 15-second rest between each set.

**Benefits:** This move will help shape, tone and tighten the inner and outer thighs as well as the hips and glutes.

### I have a flat, saggy bum.

**Do bear crawl butt squeezes**

**Get into it:** When we walk, we always go forward. So let's try going backwards. Get yourself in a push up position. Lift the right leg up and, pulse it five times. Now take two steps (or hops) back. Pulse that leg five more times and once again, step or hop back two steps. Do five sets of five pulses (hopping/stepping back between each series of pulses) before switching to the left side. Do 10 reps (five on each leg), three sets, two to three times a week.

**Benefits:** This will firm and tighten your bum by firing up your glutes.

### I have man boobs.

**Do chest presses**

**Get into it:** Grab a resistance band. Fix it under a door. Hold the band with both hands, holding your arms up in a 'W' position. Balancing on your right leg only, bring your right arm out at a 45-degree angle and then bring it back in. Switch sides. Do 15 reps, two to three sets, two to three times a week.

**Benefits:** No man boobs.

### Smart nutrition

#### What to eat

If you want to lose a few pounds fast, lower your portion size and include protein. "Protein makes you feel fuller and helps you generate lean muscle mass," explains Martinez.

3 LIFE

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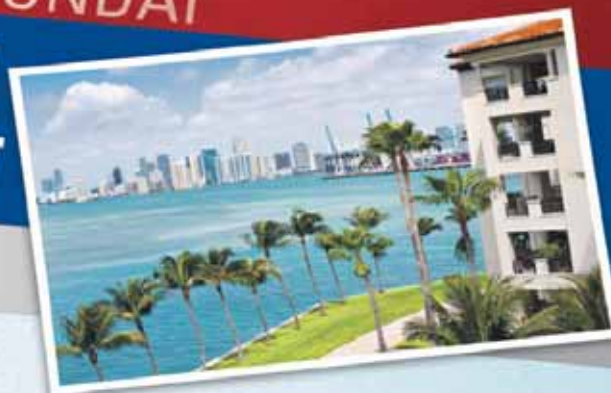


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metro

16

WELLNESS

metronews.ca  
Tuesday, June 25, 2013

## Screen your sun protection options

Select the right sun protector to suit your summer sojourn.

RICHARD PECKETT  
life@metronews.ca



### The water baby

Are you intending to spend your summer submerged in the sea? Then take heed of the old adage, "Water water everywhere but not a drop to drink." The saying rings true for your hair and skin, too. Salt and chlorine can strip your skin of much-needed moisture, leaving your body feeling parched. The chelator, babassu and tamanu oils in Aveda's Sun Care Hair and Body Cleanser help remove water nasties, while restoring and protecting moisture balance.

AVEDA SUN CARE  
HAIR AND BODY  
CLEANSER  
\$21, AVEDA.COM

### The adventurer

If you're the kind of chap who likes to feel the burn (muscles not skin) during your summer hols, this product is for you. Unlike conventional SPF creams, which tend to streak away while you sweat, Kiehl's Cross-Terrain Face Protector has a solid beeswax texture designed to sink into skin, to keep wind and sun damage at bay.



KIEHL'S CROSS-TERRAIN  
FACE PROTECTOR SPF50  
\$26, KIEHL.COM



### City break

The Anthony Natural Advanced Formula Lip Balm is a matte balm (no girly lip gloss effect, here) with anti-oxidant properties that nourish lips and stearia, a natural sweetener that freshens your breath — ideal if you're heading to some bustling urban bars.



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While there can be no greater pleasure than a nice long lie-down in the sun, punctuated with a cooling dip in the sea, it does have its obvious dangers. Shiseido's Ultimate Sun Protection Lotion+ SPF 50 claims to prevent sun spots by shielding the inner cells and DNA. On top of that, it's also water-resistant for 80 minutes, meaning fewer re-applications.



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# BRUSH UP ON DENTAL HEALTH

We make sure to brush our teeth daily — but how about our dogs?

“Dental care is important for dogs — at least 85 per cent of pets experience periodontal (gum) disease,” says Dr. Sharon French, a veterinary dentist at the Veterinary Emergency Clinics in Toronto and a Fellow of the Academy of Veterinary Dentistry. “They suffer in silence and, often, we don’t realize they are in pain until it becomes a very big problem.”

“The classic signs of oral disease are a reluctance to chew hard things, chewing treats or dry food more slowly, bad breath, drooling, a reluctance to yawn, pawing at the mouth and, sometimes, weight loss.”

One good way to ensure your dog’s mouth stays healthy is daily brushing. Occasional brushing is actually counter-productive because “it smoothes tarter, making it more difficult to remove. And if your dog’s mouth is sore, it will make him reluctant to have his teeth brushed,” French says.

Also, regular veterinary checkups will ensure that your dog’s mouth is healthy.

Even if you brush your dog’s teeth regularly, your vet may recommend scaling under anaesthesia to properly and effectively clean all the teeth. Like humans, dogs occasionally need professional cleaning for their teeth. Unlike humans, however, it isn’t possible to do the job properly without anaesthesia.

“While it may be possible to remove some tartar buildup on the outside surfaces, it isn’t possible to effectively clean and polish areas below the gum line or on the inside of the teeth,” French says. “And pet owners shouldn’t try and scale the teeth themselves. Besides possibly injuring your dog, without polishing, scaling can leave grooves for tartar to build up more quickly.”

There are foods, mouthwashes, treats, brushes and toothpaste designed to help keep your dog’s teeth clean and gums healthy. Depending on your dog’s oral health, general health and personality (i.e., whether it squirms or relaxes when you attempt to brush), your vet can recommend the right products to help you keep your dog’s teeth and gums healthy and its breath fresh.



STOCKLITE/VEER

# DOGS CAN, AND WILL, EAT ANYTHING AROUND

Most dogs love to eat — but what they eat may sometimes seem a little odd to their human caregivers.

Here is a quick summary of what it means when your dog eats the following:

## GRASS

“Especially in spring and summer when the grass is fresh, grass tastes good to dogs,” says Dr. Barb Bryer, head of emergency at the Veterinary Emergency Clinics in Toronto. Usually this is pretty safe, unless the grass has recently been sprayed with a chemical like a pesticide.

“Sometimes if the grass doesn’t agree with a dog, she’ll throw it up. And, sometimes, dogs eat grass when they feel nauseous to promote vomiting.”

In summation, if your dog loves grass, that’s fine. If its reaction to eating grass is to vomit, that’s probably OK. But if it



AVAVA/VEER

continues, better see your vet.

## GARBAGE

In summer, garbage rots faster and smells particularly strong — this attracts dogs to eat garbage even more. Coffee grounds,

onions, garlic, chocolate, plastic and bones are just a few of the harmful things that can make your dog sick.

“Gastroenteritis — diarrhea and vomiting — is a common side-effect of eating garbage,” Bryer says. “Also, mould from

garbage can have toxins that can cause dogs to have tremors or even seizures.”

## TABLE SCRAPS

Most dogs love to eat food off your table.

“Dogs like the taste and the variety — but they also see table scraps as treats because of the manner in which we give them,” Bryer says.

This can lead to bad habits and it may be unhealthy for your dog, based on its age, weight and health considerations.

## WHAT ABOUT PICKY EATERS?

Like humans, some dogs are just finicky when it comes to food. Some dogs are not gobblers, but grazers. If that’s the case with your dog, it is nothing to worry about.

However, if your dog suddenly goes off food, this can be a signal of a health or dental issue. See your veterinarian.



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# Play the role of BBQ hero with a Smoked Pork Tenderloin

1. Pre-heat barbecue to high. Place pork on plate, cover with plastic wrap and let sit 20 mins.

2. Meanwhile, drain water from wood chips. Place soaked wood chips on 2-ft (.60 metres) piece of heavy duty foil. Wrap to make packet; with tip of

knife, poke 8 holes. Place on rocks in barbecue; close lid and let smoke develop, 15 mins.

3. Brush tenderloins with oil; season with salt, pepper. Lower heat to medium. Grill covered, rotating pork on all 4 sides, until juices run clear when

pork is pierced and just a hint of pink remains, about 25 mins or until meat thermometer registers 165 F (74 C). Remove to clean plate, loosely cover with foil; let rest before slicing.

4. Fontina Cheese Sauce: Pre-heat saucepan to medium-low

heat. Add 3 tbsp (45 ml) butter and garlic; sauté 4 mins. or until golden brown. Add wine, 4 basil leaves and bay leaf; increase heat to medium-high and cook until reduced to 1/2 cup (125 ml), about 20 mins.

5. Stir in cream, honey, mus-



This recipe serves eight to 10 people. DAIRY FARMERS OF CANADA

tard, pepper, salt and nutmeg; reduce heat to medium and cook, stirring 15 mins. or until sauce coats the back of a spoon.

6. With wooden spoon, stir in cheese; lower heat to low. Cook stirring until the cheese is melted. Remove from heat and cool for 5 mins. Remove

and discard bay leaf. In a blender, purée sauce along with the remaining 1/2 cup (125 ml) of basil, until smooth.

7. Serve sliced smoked pork with the creamy Fontina cheese sauce.

CHEF RICHARD JULIEN/ DAIRY FARMERS OF CANADA

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### Ingredients

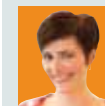
- 2 pork tenderloins, trimmed of any silver skin, about 1 lb (500 grams) each
- 2 cups (500 ml) apple wood smoking chips (soaked in water for at least 1 hr)
- 2 tsp (10 ml) vegetable oil
- kosher salt and pepper
- Fontina Cheese Sauce**
- 3 tbsp (45 ml) butter
- 6 cloves garlic, minced
- 2 cups (500 ml) white wine
- 4 basil leaves, plus 1/2 cup

(125 ml) packed, divided

- 1 bay leaf
- 1 1/2 cups (375 ml) 35% whipping cream
- 2 tbsp (30 ml) liquid honey
- 1 tbsp (15 ml) Dijon mustard
- 2 tsp (10 ml) fresh cracked black peppercorns
- 1 tsp (5 ml) kosher salt
- 1/4 tsp (1 ml) ground nutmeg
- 1 cup (250 ml) grated Canadian Fontina, smoked Gouda or Oka cheese

### Health Solutions

## Sumac: Not just for shade



NUTRI-BITES  
Theresa Albert  
DHN, RNCP  
myfriendinfood.com

You get a flat tire on your way up to the cottage so you pull over, call for help and sit under a sumac.

Don't just sit there, do something! Ripe red sumac is one of the healthiest wild plants in the country. You are sitting under it for shade, you may as well sample.

Never gather

white drupes (the clusters that look a bit grape like). You want the ripe berry red ones.

• Use them to make a drink called "sumac-ade," "Indian lemonade" or "rhus juice." It is a very lemony beverage made by soaking the drupes in cool water, rubbing them to extract the flavour and then straining the liquid through a cotton cloth. Some like to stir in a bit of sugar or honey to sweeten.

• Sprinkle some of the lemony liquid in salads for added ORAC. (The measurement of anti-oxidant power in foods is called Oxygen Radical Absorbency Capacity or ORAC.)

• Dry them in the sun and grind them into a spice as in Middle Eastern cuisine.

HERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



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# Clear out, clean up and make some money – a very appealing prospect!



Create extra space and make a few bucks with a yard sale. ISTOCK IMAGES



**YOUR MONEY**  
Alison Griffiths  
money@metronews.ca

Whether you call it a yard, junk or garage sale, the aim is to pad the pocketbook while creating badly needed space in your home. Summer is a great time to capture all those garage sale lovers, but you have to do it right or you'll spend tons of time with little to show for it.

Here are some tips to ensure your pop-up shop on the curb is a success.

## 1. Advertise it

Tacking a sign on a nearby telephone pole just won't cut it any more.

Craigslist, Kijiji, Facebook and the local newspapers are all good options. Make sure any signs are legible with a directional arrow. One person posted about her very successful sale and noted she put well-

lit pictures on Instagram. This is especially valuable for furniture, which can be a hard sell curbside.

Certain key words draw the weekend bargain shopper such as antique, mid-century, jewelry, high end and collectible. Other desired items include baby things, quality toys and sports equipment.

Avoid long weekends, if you can, as towns and cities often empty out for the duration.

## 2. Stage it

A dreary layout of old clothes on the lawn and toys scattered along the driveway are hardly a draw. If your offerings look sad, messy and cheap you won't attract flies. Organize by theme so people don't have to pick through all the household stuff when they are looking for sports equipment.

Place desirable and easily seen items, such as furniture or large funky collectibles, closest to the road. And don't ignore

colour. Cheerful and bright will appeal. At the very least, shell out for some colourful balloons.

## 3. Clean it

Items will move quicker if they are clean. People might buy dusty teacups, but dirty clothes and rusty tools are a different matter.

## 4. Price well

Start with 40 per cent of retail for like-new and 20 to 25 per cent for well-used. Include the original price if you can.

## 5. Use bait

Include (and advertise) a free pile and if yours seems insignificant let the neighbours know. It'll save them gas money driving to Goodwill. Place the pile, marked by balloons in a visible location.

Contact Alison at [griffiths.alison@gmail.com](mailto:griffiths.alison@gmail.com) or [alisongriffiths.ca](mailto:alisongriffiths.ca)



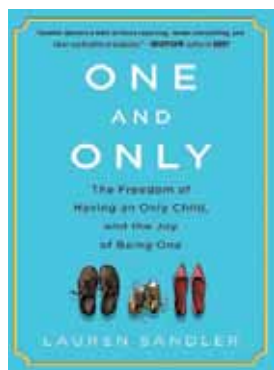
# The one and only! No siblings? No problems

**Non-fiction.** Those stereotypes of only children are totally untrue, says author Lauren Sandler

**DOROTHY ROBINSON**  
Metro World News from New York City

Pity the poor only child. The eldest child is never stereotyped as spoiled; the youngest is never pigeonholed as maladjusted or lonely. Forget giving birth to a small army — it is when you say you are only having one child that eyebrows get raised.

Lauren Sandler is on a mission to change these misconceptions of onlies with her new book, *One and Only: The Freedom of Having an Only Child, and the Joy of Being One*. Sandler, who is an only child and has an only child herself, found herself being a de facto proponent of stopping after one.



What Sandler found was “stunning”: “Hundreds of studies over decades found that our stereotype of lonely children is totally untrue,” she says.

Filled with in-depth reporting (with some wry motherhood observations thrown in), *One and Only* lays it out there: If you decide to only have one child, you aren't “ruining” that child by deciding not to give him or her a brother or sister. You may just create a happier family life because of it.

Sandler is quick to note that she's not saying that having one is the best choice; only that it is a valid choice, and one that parents don't think they can make without seeming selfish or withholding.

“If most people have their first kid for them, and their second kid for their first kid — which is what polls have consistently told us they do — what would it mean if they didn't feel like they had to?” she asks. “Don't have another kid just because you think you're gonna avoid screwing up your first kid if you do.”

“One day, I got an email from a friend that said, ‘I'm pregnant with my second child, and I know how you feel about this.’ And I thought, ‘I don't know how I feel,’” recalls Sandler, a journalist who writes on cultural politics and women's issues. “Her comment sat with me in a funny way. Then, when I had my child and I was wrestling with what it would mean to not have another, I decided to report it out, like I do for everything.”



Author and only child Lauren Sandler with her one-child family. AP PHOTO/COURTESY OF LAUREN SANDLER

## The good news about only children

**Research.** In 500 studies over the past several decades, examining 16 traits including leadership, maturity, extraversion, social participation, peer popularity, generosity, co-operativeness, flexibility, emotional stability and contentment, only children do just as well as siblings.

## Motherhood takes some juggling:

- Each child adds no less than 120 hours of housework a year.
- Women devote about 13 hours a week to childcare, up from about 10.5 hours nearly a half century ago. Meanwhile, the American workweek has increased by 13 hours.
- A single child decreases a mother's employment by

about eight hours a week. A second child leads to a further reduction of about 12 hours (to a total of 20).

• Sixty per cent of men say they are struggling with the demands of work and family.

## The financial reality:

- A child born in 2011 will cost an average of \$235,000 to raise to age 18.



# Acadia Park will become a community focal point for downtown Sackville

When the 12 directors of Acadia Hall sat down to discuss worthwhile projects a few years ago, they kept coming back to one idea in particular. Downtown Sackville needed a new public park, a garden respite where residents could relax and get away from the hustle and bustle for a few minutes.

Today, Acadia Park is well on its way to completion, with groomed paths, a wooden pergola, a rhododendron garden and an attractive hill-top gazebo already in place. There's still plenty of work to do, says Acadia Hall director Linda Hefler. "We've developed an extensive plan for the park. When it's finished we plan to have a large bandstand, playground, fountain and lots more garden space."

Hefler says the park, located on a vacant piece of land behind the Sackville Public Library, has become a labour of love for a number of community groups and

businesses who have donated money, materials, time and labour on developing it. The gardens are maintained by a dedicated group of volunteers. The land for the park was originally donated to the community of Sackville by Acadia Hall. "Acadia Hall received the land in 1926 from the Arthur Shultz family," says Hefler. "It was originally used as recreational land, but it really hasn't been used up to its potential in many years."

Today Hefler's group is concentrating on fundraising for two major park amenities – the bandstand and the playground. Plans call for making the playground entirely wheelchair accessible, and not just for children with disabilities. "It would also allow parents and grandparents with disabilities to take part and play with their kids," she says.



When the park is finished it will have a large bandstand, playground, fountain and plenty of garden space. CONTRIBUTED

Acadia Hall will remain the park's focal point. Today the hall is a nondescript building barely noticeable amid the development on Sackville Drive, but as the

oldest social club in the community, it was once the cultural hub of Sackville. That's one of the reasons it's so important to develop Acadia Park, says Hefler. It's

what motivates her to devote many volunteer hours to the project. "Sackville is my home, I've lived here all my life, and I want to help make it a place that everyone

can be proud of. Acadia Hall was once the social centre of Sackville, and it's important that we continue to preserve that for the next generation."

TOM MASON/FOR METRO

## Patriot Days a popular summer event

**Fun festivities.** The fireworks display will cap off a full day of activities.

Wade Dooley's favourite part of Sackville Patriot Days usually comes on Saturday night. Most of the festivities in Kinsman Park are over, the concert in the park is well underway and the light from the early summer sun has nearly faded to black. "We set the fireworks off from barges on the lake," says the Patriot Days 2013 chair. "It creates a really unique show, with the fireworks reflecting off the water of the lake. It's a spectacular backdrop."

The Saturday evening fireworks display will cap off a full day of activities in Kinsman Park, including a corporate challenge slow-pitch tournament, family trail walk and a free concert in the park featuring legendary Cape Breton rocker Matt Minglewood. "We expect to get about 8,000 people to the concert and fireworks," says Dooley.

Kinsman Park is the focal point for much of the six-day long Patriot Days festival, that runs this year from June 26 through July 1. The Friday

night family movie under the stars is always popular, says Dooley. Other events include a sand castle competition, the annual Teddy Bear Picnic, a dog show and firefighter static display. "The Canada Day Parade is always our most popular event," says Dooley. "We always get a huge crowd."

Patriot Days caps off a summer of community events and activities in Sackville that include the hugely popular Weir Rockin music festival and the Sackville Sneaker

Shredder race in September.

Weir Rockin started out as a local fundraiser and a one-off concert idea six years ago. Today the festival has become one of Sackville's most anticipated summer events. This year the show will feature classic rockers Lou Gramm, Glass Tiger, and Streetheart. The concert which takes place on August 17 was a sellout last year and Weir Rockin executive director Andy Conrad says tickets are selling fast.

TOM MASON/FOR METRO



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# Cobequid Cultural Centre is Sackville's best-kept secret

**Performing arts.** The building is expected to cost about \$15 million.

By all accounts the Cobequid Cultural Centre will be a showstopper when it opens its doors to the public sometime in the next two to three years. The 32,000-square-foot, glass-clad building will provide the residents of Sackville, Fall River, Tantallon and surrounding areas a concert and performing arts facility that will rival any other venue in HRM, says Don Flemming, the president of the Cobequid Cultural Society, the group that is spearheading the development of the centre.

"Next to the new Nova Centre, this is going to be the nicest cultural venue in Halifax when it's finished," says Flemming.

The cultural centre will serve primarily as a performing arts facility, with a 600- to 700-seat capacity for concerts and events. It will also become a home for local theatre, music and dance groups, and provide the Sackville area with a

level of cultural resources that Halifax and Dartmouth have enjoyed for a long time. "You've got Alderney Landing, the Rebecca Cohn, Neptune Theatre," says Flemming. Those are all important facilities for the downtown area, but there's nothing for the periphery. We're going to change that."

Flemming says his group has its eye on a parcel of land in the Sackville area, but he's keeping the exact location a secret until the purchase is finalized later this year. "It's an easy location to get into and out of whether you're coming from anywhere in Halifax or Dartmouth," he says. "It's all about location, location, location."

The Cobequid Centre board currently has 14 members – business people and community leaders in Sackville who are looking after everything from long term strategic planning to fundraising for the facility.

An architectural design for the building has already been finalized. Flemming says the group will have a detailed business plan in place by the fall.

Most of the group's fundraising efforts to date have consisted of social functions, including several performances by the local rock and roll band The Corvettes. Once the business plan is in place, Flemming says the centre will be eligible for government funding as well. The building is expected to cost \$15 million with additional money needed to hire a CEO and other staff. "Putting the building up is one thing. Sustaining it is another," he says.

"The Cobequid Cultural Centre is the kind of facility that this area needs if we're going to grow as a community," says Flemming. "At the moment it's Sackville's best-kept secret, but that's going to change soon."

TOM MASON/FOR METRO



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24

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Tuesday, June 25, 2013

# Sackville Rivers Association marks 25 years



More than 6,000 speckled trout have been released into the river. CONTRIBUTED

After 25 years, it's still the little victories that keep Walter Regan motivated. "We had two large Atlantic salmon go through our counter already this year," says the president and founder of the Sackville Rivers Association. "That's a very positive thing to see."

Positive, because before Regan and his group started their work a quarter-of-a-century ago the Sackville River was effectively dead as a salmon river. The stream that runs through the heart of Sackville was once one of the region's great Atlantic salmon rivers, but since the growth of urban Sackville back in the 1950s it has been under constant assault from acid rain, silt runoff from road and housing construction and a variety of toxins that flow

from the densely populated area that surrounds it.

Today, the Sackville Rivers Association runs a variety of community programs that bring attention to the plight of the Sackville River and the land around it. This year the group released 6,000 speckled trout into the river. They have spearheaded the development of a new provincial park that is expected to be created at second lake, and developed a "pocket park" beside the Downsview Mall. Fish Friends, a Sackville Rivers program at more than a dozen local schools, encourages students to raise salmon hatchlings in aquariums and release them into the river at the end of the school year. And the group also organizes several river clean-ups

annually – clean-ups that have had a dramatic impact on the health of the river.

The Sackville River Greenway is the group's most visible accomplishment. Today the trail winds through five idyllic kilometres along the riverbank – the first pedestrian walkway to connect the communities of Bedford and Sackville. When it's completed sometime in the next decade, it will stretch 40 kilometres from Fish Hatchery Park at the mouth of the river all the way to Uniacke House in Mount Uniacke. It's an ambitious project, but one that Regan says is necessary for the health and survival of the river. "We've got a 10 year plan in place to develop the trail," he says. "I'm hoping to see it completed before I'm done."

TOM MASON/FOR METRO



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NHL draft

## Mackinnon Colorado's choice, Roy tells ESPN

It's appearing more and more likely that Cole Harbour's Nathan MacKinnon will be the Colorado Avalanche's top pick in Sunday's NHL draft.

A week after Joe Sakic, the team's executive vice president, said they would pick a forward with the top pick, Colorado head coach Patrick Roy has now told ESPN The Magazine that they would be taking MacKinnon if they still have the No. 1 selection.

"It would be tough for us not to take MacKinnon," Roy told ESPN. "MacKinnon is ready to play tomorrow."

Roy, who didn't rule out the team trading the pick, said the Halifax Mooseheads forward and Memorial Cup MVP is the right choice at No.1 and would be team's third-line centre at the start of next season.

"It would be great for MacKinnon to start there. Less pressure," Roy said. "It's the perfect fit for him."

METRO



Cole Harbour's Nathan MacKinnon  
CONTRIBUTED



The Blackhawks pose with the Stanley Cup after defeating the Bruins in Game 6 of the Stanley Cup final on Monday in Boston. BRUCE BENNETT/GETTY IMAGES

# Blackhawks shock Bruins to clinch cup

**NHL.** Pair of goals in dying minutes gives Chicago second championship in 4 years

Bryan Bickell and Dave Bolland scored goals 17 seconds apart late in the third period Monday as the Chicago Blackhawks won the Stanley Cup in dramatic fashion with an amazing 3-2 last-minute comeback victory over the Boston Bruins in Game 6.

Milan Lucic's third-period

Game 6

3

Blackhawks

2

Bruins

goal had seemed to give the Bruins a 2-1 victory and a new lease on life in the final.

But with Chicago goalie Corey Crawford out for an extra attacker, Bickell scored at 18:44 after the Bruins failed to get the

puck out of their zone.

Bolland then put the Blackhawks ahead at 19:01, stunning the Bruins and the previously raucous crowd at TD Garden.

Jonathan Toews, reduced to a spectator in the final minutes of Game 5, added a goal and an assist for Chicago as the Blackhawks clawed their way back into the game. The captain was the first to hoist the cup as his teammates jumped up and down.

Crawford finished with 23 saves in the victory that marked Chicago's fifth championship and second in four years.

"That team in 2010, we didn't really know what we were doing," Toews said. "We played great hockey, and we were kind of oblivious to how good we were playing. This time around we know definitely how much work it takes and how much sacrifice it takes to get back here, and this is an unbelievable group."

"We've been through a lot together this year, and this is a sweet way to finish it off."

Chris Kelly had the other goal for Boston, while Tuukka Rask made 28 saves.

THE CANADIAN PRESS

## Soccer. Hart heading back to Trinidad and Tobago after landing coaching gig

After starring for the Saint Mary's Huskies and developing the Canada's senior men's soccer team, Halifax's Stephen Hart is going back to his roots to carry on his coaching career.

The San Fernando native has been named head coach of the Trinidad and Tobago senior men's soccer team. He played professionally in

his native country and represented Trinidad and Tobago on a national scale.

The longtime Halifax resident thrived with the Saint Mary's Huskies after immigrating to the city as a teenager. He also served as director of Soccer Nova Scotia from 1993 to 2001.

He was head coach of Canada's Under-17 and Under-20

teams and was also assistant coach of the Canadian senior men's team before taking over as head coach in 2007 where he led the team to a semifinal spot at the CONCACAF Gold Cup.

In 45 international matches at the helm of Team Canada, Hart had a record of 20 wins, 10 draws and 15 losses.

METRO



Stephen Hart will return to his native Trinidad and Tobago to take on coaching duties for the national team. COLIN MCCONNELL/TORSTAR NEWS SERVICE FILE



# Rays sever Blue Jays' record-pace streak at 11 games

**MLB.** Tampa's rookie standout steals spotlight from Toronto, earning standing ovation

The Tampa Bay Rays believe they have a star in the making in Wil Myers.

The rookie homered in his home debut Monday night, continuing an impressive first week in the majors and helping Jeremy Hellickson beat the Blue Jays 4-1 to end Toronto's 11-game winning streak.

"He's very comfortable," Rays manager Joe Maddon said about Myers. "He's not overwhelmed whatsoever."

The 22-year-old outfielder hit the second of three straight Tampa Bay homers in the second inning, connecting in



Rookie Wil Myers THE ASSOCIATED PRESS

his first at-bat at Tropicana Field.

Myers received a standing ovation and took a curtain call for a crowd of 11,407 getting its initial close-up view of the key

acquisition.

"I wasn't sure what, really, to do but everyone kept cheering so I thought that might be my cue to go out there," Myers said.

A night after scoring a season-high 13 runs at home to complete a three-game sweep of Baltimore, the Blue Jays were limited to four singles and five walks. They came up short in their bid to extend the longest winning streak in the majors since Detroit won 12 straight in 2011.

Hellickson (6-3) gave up J.P. Arencibia's single, walked four and struck out four. He allowed only one runner past first base — in the second inning, when Colby Rasmus walked and moved to third when Arencibia followed with his hit to centre field.

THE ASSOCIATED PRESS



## Paid the cost to be the Bosh

Chris Bosh of the Miami Heat holds the NBA championship trophy as he rides a float during the victory parade on Monday in Miami, after defeating the San Antonio Spurs in the NBA finals. LeBron James stood atop a double-decker bus with a cigar in his mouth; Shane Battier blew kisses to the crowd; Dwyane Wade raised three fingers aloft; and Chris Andersen flapped his arms in a nod to his "Birdman" moniker. An estimated crowd of 400,000 turned out on a hot, steamy morning where the heat index reached about 35 C near midday.

MARC SEROTA/GETTY IMAGES

## Wimbledon

### Nadal makes no excuses after Day 1 upset

In one of Wimbledon's greatest upsets, an ailing Rafael Nadal was knocked out in straight sets Monday by a player ranked 135th — the Spaniard's first loss in the opening round of a Grand Slam event.

Steve Darcis of Belgium stunned the two-time champion 7-6 (4), 7-6 (8), 6-4. He ended Nadal's 22-match winning streak on the very first day. Nadal was sidelined for seven months with a left knee injury after losing in the second round of Wimbledon last year.

THE ASSOCIATED PRESS



Rafael Nadal rests between sets. THE ASSOCIATED PRESS

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## Horoscopes

### Aries

March 21 - April 20

A quick decision on your part could lead to unexpected gains today, so be decisive and don't worry if other people say you are taking too many risks. Maybe you are, but life would be dull without them.

### Taurus

April 21 - May 21

Just because something worked well in the past does not mean it will work well in the future. In fact, now would be a good time to update your methods. You can afford to be adventurous today.

### Gemini

May 22 - June 21

Do you stick with what you know or do you strike out in a new direction? You have never been one to be cautious and now, more than ever, you are inspired to be different.

### Cancer

June 22 - July 23

Cancer is renowned for its caring nature and you will get no end of opportunities to show your concern over the next 24 hours. The world is a better place with you in it!

### Leo

July 24 - Aug. 23

If you put your mind to it over the next two or three days, you can accomplish something that does your reputation a power of good. Those who were hoping to see you fail will be severely disappointed.

### Virgo

Aug. 24 - Sept. 23

You cannot neglect your responsibilities. There are certain things that need to be done and it is your special duty to do them. In days, everyone will be singing your praises.

### Libra

Sept. 24 - Oct. 23

This may be a tough time of year for you but there are numerous reasons you should be feeling confident that everything will work out OK. Jupiter, planet of luck, is about to play a big part in your life.

### Scorpio

Oct. 24 - Nov. 22

Why are you taking the long way around when the direct approach would be quicker and more successful? Saturn in your sign strengthens your will to succeed but can make you too cautious. Cut corners today.

### Sagittarius

Nov. 23 - Dec. 21

You need to be firm with someone who does not seem to care if they let you down. You may be easygoing by nature but that does not mean you have to let others take you for granted.

### Capricorn

Dec. 22 - Jan. 20

A deal may be just what you are after but don't act too eager or you may find that those who have what you want make you pay a premium price for it. There is still plenty of room for negotiation.

### Aquarius

Jan. 21 - Feb. 19

The most important thing today is that you are aware of the consequences of whatever action you choose to take. Once you make your choice it's unlikely you will get a chance to change it, so take your time.

### Pisces

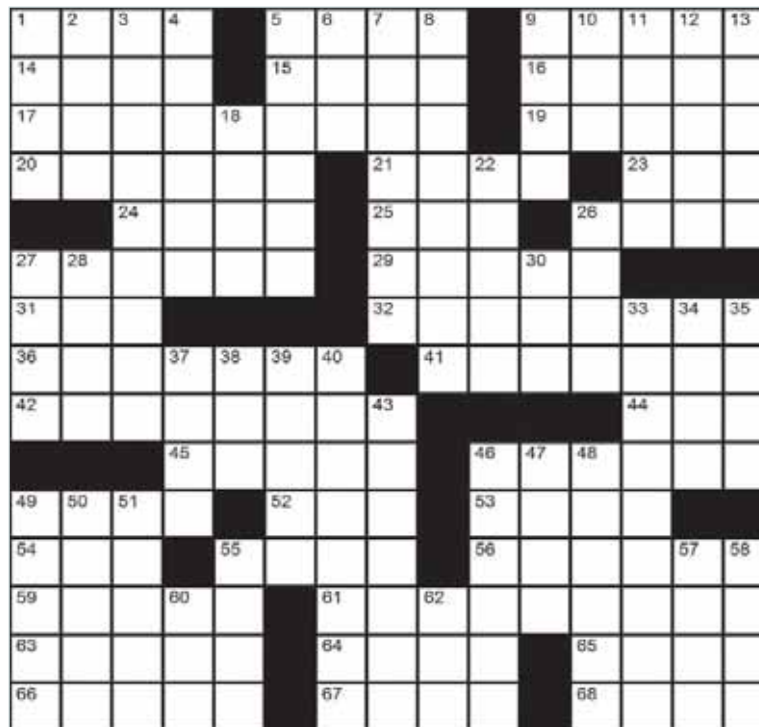
Feb. 20 - March 20

Make a point of doing something others would most likely not expect of you. It will remind the world not to take you for granted. **SALLY BROMPTON**

## Crossword: Canada Across and Down

### Across

1. Quite
5. Be a street performer
9. 'G' of East Coast band GBS
14. Music to a joke-teller's ears
15. Feed the kitty, as in poker
16. Fix came-undone shoelaces
17. Travel plan
19. Radiate
20. Non-meat-eater's burger
21. Follow orders
23. Snug spot
24. "Ohio" by \_\_\_\_ Young
25. Curly's pal
26. "Guarding \_\_\_\_" (1994) starring Shirley MacLaine
27. Sundae topper
29. Surviving Bee Gees brother
31. Ad \_\_\_\_ committee
32. Guitarist in the Michael Jackson concert rehearsal footage in 2009
36. Did better competitively in the pool
41. Mark signifying fault
42. Drug dubbed Milk of Amnesia
44. Mr. Fleischer (White House Press Secretary, once)
45. The 'I' in IV
46. Movie shots
49. Curser's word!



52. "A Nightmare on \_\_\_\_ Street" (1984)
53. Tricks
54. Musician/producer Brian
55. Actor's accessory
56. Is a volcano, does this
59. Gulf of St. Lawrence attraction, \_\_\_\_

- Rock
61. City in East Kootenay in British Columbia
63. Lost-in-the-desert mirage
64. \_\_\_\_ State (University from the song at #24-Across)
65. Consequently

66. Care for
67. Late guitarist Mr. Barrett's
68. Celebrity **Down**
1. Switchblade
2. 'Accent' add-on (Emphasize)
3. \_\_\_\_ Bay (Bay of Fundy inlet)

4. Clothes-holding prop
5. Hardly
6. Irish actress Ms. O'Connor
7. Nickname of CBC host George who now also has a show on CNN
8. Computer part

9. Ashen
10. CBC commentator Mr. Murphy
11. Musical piece for Chopin
12. Army assistants
13. "American Bandstand" dancers
18. The Queen's cypher: letter + Roman Numeral + letter
22. Spookily strange
26. Sharon's '80s TV co-star
27. Cut some food
28. 60 minutes
30. Clash
33. \_\_\_\_ Canada (Government agency)
34. Give a job to
35. "How sweet \_\_\_\_!" - Jackie Gleason
37. Washer cycle
38. Was victorious
39. Later on
40. Eloi are the food source of these Time Machine creatures
43. \_\_\_\_ Eel
46. Perfumes
47. Albertan country singer Mr. Lund
48. Habituates, variantly
49. Bus station
50. Lend \_\_\_\_ (Listen): 2 wds.
51. \_\_\_\_ Code
55. Nuisance
57. Ancient outfit
58. Hershey's chocolate/toffee bar
60. Spy letters
62. Et: English

See today's answers at [metronews.ca/answers](http://metronews.ca/answers).

BY KELLY ANN BUCHANAN

## Yesterday's Crossword

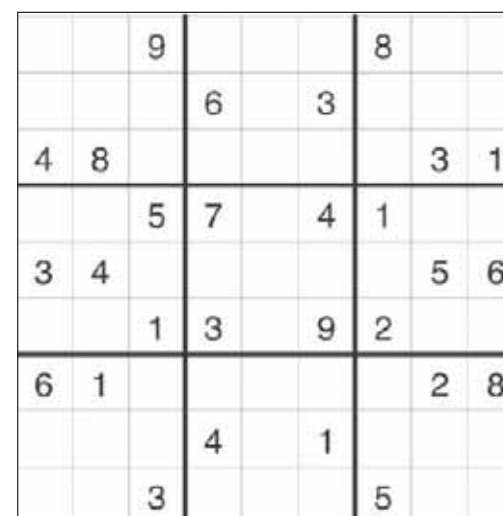


## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



**Today**

29°/16°

Thundershowers

40%

**Wednesday**

23°/11°

Thundershowers

40%

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